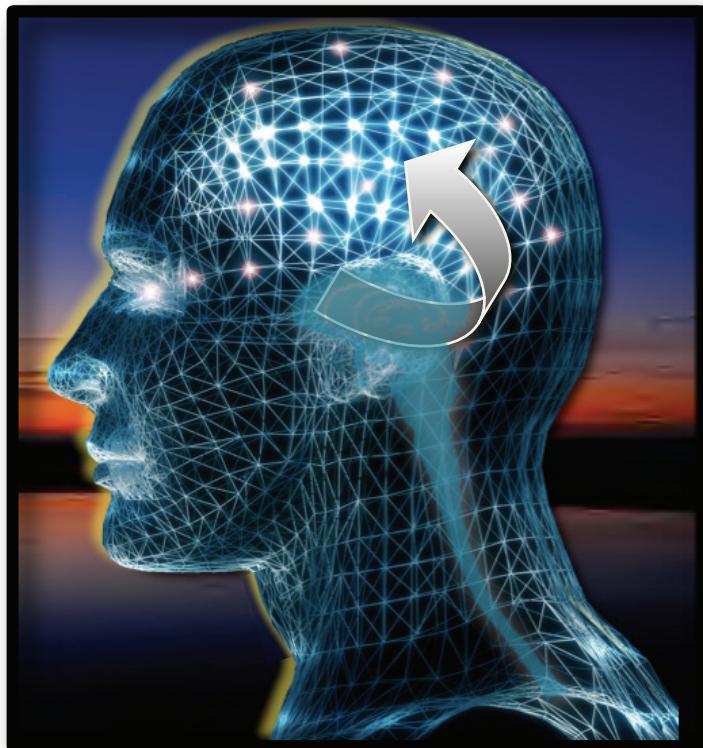




CLARITY, CONFIDENCE, & CREATIVITY: NEW INFORMATION ON THE SCIENCE OF DEALING WITH STRESS, PEOPLE, & LIFE!

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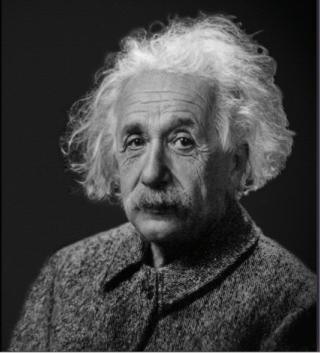
Real Life!

**Problem
Triggers?**

**Problem
Reactions?**

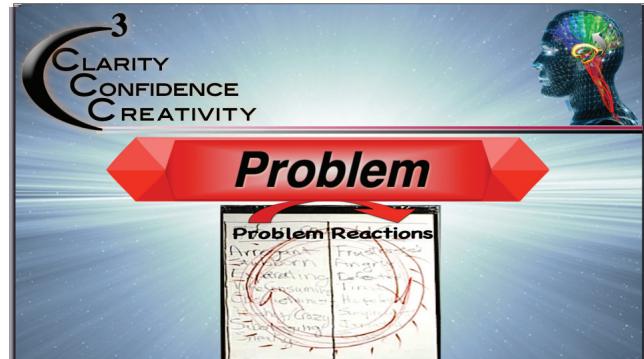
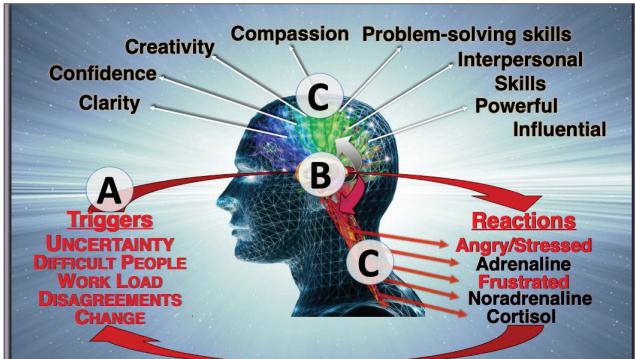
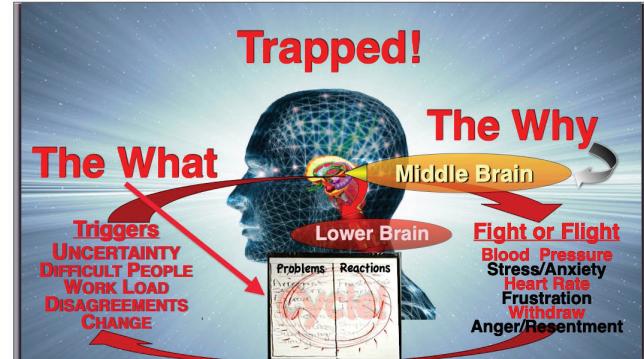
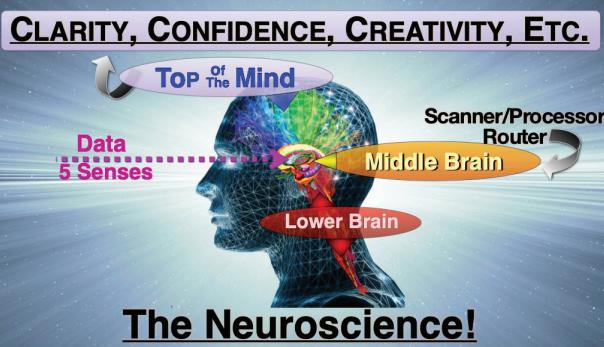
"Problems cannot be solved at the same level of awareness that created them."

Albert Einstein



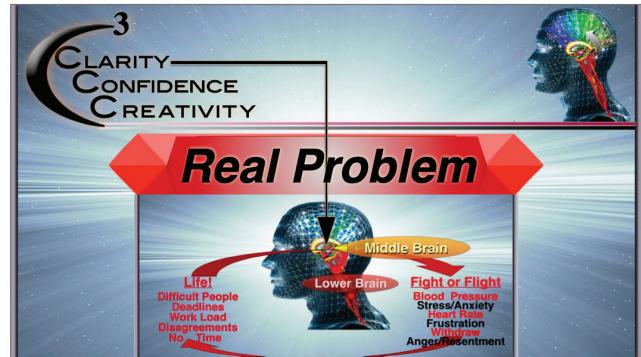
Four Essentials of Effective Decision Making & Influence

| | | |
|--------------------|---|---|
| 1. Self Awareness | } | How We Understand & Influence Ourselves |
| 2. Self Regulation | | How We Understand & Influence Others |
| 3. Social Skills | } | How We Understand & Influence Others |
| 4. Communication | | |





**“Never tie your peace
of mind to another
person’s state of
mind!”**



Solution!
Regain Control!

TOP of the Mind

Lower Brain

How?
Breathe – 5 by 5 or 4-4-4
Relax – On the exhale

TOP of the Mind

Why?

Solution!
Harness the Power of Questions
The “Search Engine” For The Brain!

Questions!



SEARCH

Lower Brain

Problem!
We Are Asking BS Questions!

Questions!



Brainstem



Breathe – 5 by 5 or 4-4-4
Relax – On the exhale
Ask – Top of The Mind Questions



Solution!

Top of The Mind Questions

- 1** Was this thought, emotion, or action chosen on purpose?
- 2** How's it working for me?
- 3** Is this the way I want to be defined?

**Are We Defining Who We Are?
Or... Are We Being Defined
By The Difficult People
And Situations We
Encounter?**

***When We Say
" _____ Makes Me _____ "***
***We are giving the difficult
people & situations in
our lives the power
to define us!***

Solution!
**We Define Ourselves
From the Purposeful, Powerful
Part of the Brain!**

Training Film!

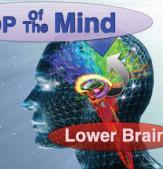


The 4 Criteria

- 1** Was this thought, emotion, or action chosen on purpose?
- 2** How's it working for me?
- 3** Is this the way I want to be defined?
- 4** Would I teach or recommend this way of being to someone I love/lead?



Breathe – 5 by 5 or 4-4-4
Relax – On the exhale
Ask – Top ^{of} the Mind Questions

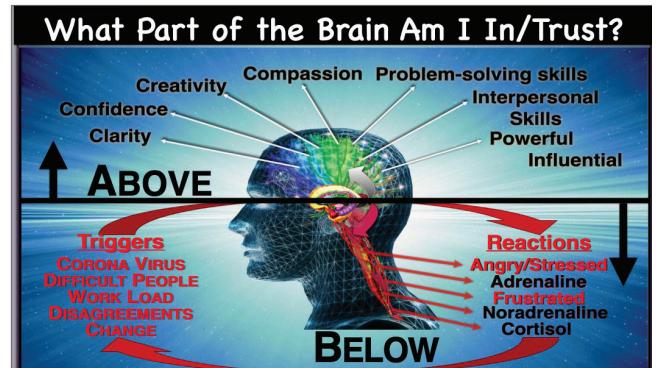
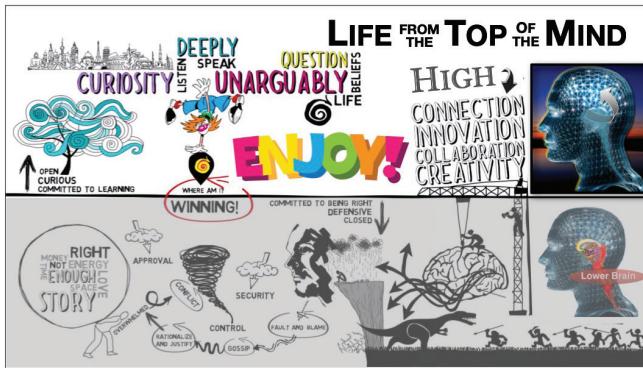
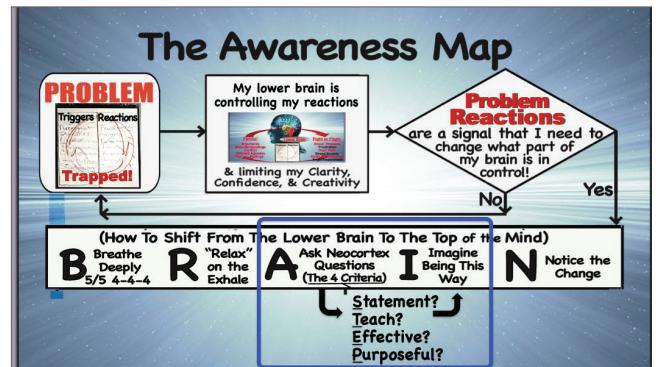


- **Statement?**
- **Teach?**
- **Effective?**
- **Purposeful?**

Breathe – 5 by 5 or 4-4-4
Relax – On the exhale
Ask – Top ^{of} the Mind Questions
Imagine – Being this way



Breathe – 5 by 5 or 4-4-4
Relax – On the exhale
Ask – Top ^{of} the Mind Questions
Imagine – Being this way
Notice – The Change
The BRAIN Model





HOW IMPORTANT IS YOUR PEACE OF MIND?

3
Clarity
Confidence
Creativity

Make Being In The Top Of The Mind THE MOST IMPORTANT THING IN LIFE!

Never Make the Most Important Thing in Your Life *Something That Is Beyond Your Control!*

Control How “B” Interprets Life

HIGHEST PURPOSE
CLEAR
CONFIDENT
EMPATHETIC
CREATIVE
CURIOS
WISE
PATIENT
PURPOSEFUL
INFLUENTIAL
AUTHENTIC
RESILIENT

PRACTICE FIELD
DIFFICULT PEOPLE
UNCERTAINTY
NEG. EMAIL/TXT
BAD DRIVERS
TRAFFIC/LATE
MISTAKES
LACK/RESOURCES
POLITICS/GOV.
KIDS/FAMILY

VALUABLE SIGNAL
STRESSED
FRUSTRATED
ANGRY
SELF-DOUBT
ANNNOYED
SHUT DOWN
OVERWHELMED
DEPRESSED
ANXIOUS
WORRIED

“Stress is a signal that something needs to change. Suffering . . . is when we don’t make the change.”

Clarity - Meaning & Purpose!

Life As A Practice Field
Where We Choose Responses In a Way That Meet The 4 Criteria

- Statement
- Teach
- Effective
- Purposeful

Highest Purpose
Clear
Confident
Creative
Centered
Flexible
Curious
Kind
Authentic

Practice Field Problem
Practice
Field
Problem

How to Rewire the Brain? Divide the Day Into Thirds - Be Proactive!

WAKE UP **Morning** **Lunch** **Afternoon** **Drive Home** **Evening** **SLEEP**

Reboot! Reboot! Reboot! Reboot!

The LTM System - Part II

PROBLEM

(How To Rewire The Brain & Live In The Top of the Mind)

✓ Every thought, emotion, & action defines who we are!

Highest Purpose
Clear
Confident
Creative
Centered
Flexible
Curious
Kind
Authentic

Practice Field Problem

My Highest Purpose Is Defining Who I Am In A Way I Would Recommend To Those I Love!

Apply The 4 Criteria To All Decisions
Statement
Teach
Effective
Purposeful

4 Criteria
Statement
Teach
Effective
Purposeful



I hope that you have enjoyed learning this new information on accessing your clarity, confidence, and creativity by influencing how your brain processes information. I encourage you to give some thought as to how this could also improve the decision-making and productivity in your organization if everyone was coming from the “Top of the Mind.”

If you would like more information on my presentations, unique fee policy (that I call “Integrity-Based Pricing”), and/or availability, feel free to contact me at the phone number or email address below. Or, simply scan the QR code which will take you to my website.

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